



Olympic Harriers Winter Syllabus 2026

Correct as at
March 2026

April – November 2026



The club meets every Saturday during the winter season at 1.45pm at the clubrooms, unless otherwise indicated

Clubrooms: Waiora Hub, Alex Moore Park, Johnsonville



www.olympicharriers.nz

APRIL	
4	Club Open Day Waiora Hub
11	Maiden Perston Grenada North
12	Porirua Grand Traverse Kai Tahu
12	NZ Half Marathon Champs Christchurch
18	NZ & Wellington Mountain Running Champs* Mt Kaukau
18	Hutt River Trail Awakairangi
19	Honest10 Freyberg
22	Night Cross McAllister Park
25	Club Run/Walk Waiora Hub
25-	Faultline Ultra
26	Wellington
MAY	
2	Shaw Baton Relays* Battle Hill Farm Forest Park
2	Rotorua Marathon (NZ Masters Marathon Championships) Rotorua
9	Wellington Mixed XC Relay Champs* QEII Park, Mackays Crossing
10	Barefoot XTRAIL Series Meridian Wind Farm
10	Manawatu Striders Marathon Palmerston North
12	CSW Cross Country Relays Wakefield Park

16	Club Run/Walk Waiora Hub
16	Hawke's Bay Marathon Napier
23	Vosseler Shield Sinclair Park, Houghton Bay
24	Barefoot XTRAIL Series Belmont Regional Park
28	CSW Cross Country Champs Harcourt Park
30	Club Run/Walk Waiora Hub
JUNE	
6	Club Run/Walk Waiora Hub
6	Barefoot XTRAIL Series Wainui Trail Park
13	Dorne Cup* Trentham Memorial Park
20	Club Run/Walk Waiora Hub
20-	NZSSAA Cross Country Champs
21	Trentham
21	Barefoot XTRAIL Series Red Rocks
27	Club Run/Walk Waiora Hub
28	Wellington Marathon Events (incl Wellington Marathon Champs) Sky Stadium, Wellington
JULY	
4	North Island Cross Country Champs Spa Park, Taupō
5	Barefoot XTRAIL Series Boulder Hill

11	Club Run/Walk Waiora Hub
18	WUU2K Wellington
19	Wellington Cross Country Champs (incl Olympic Harriers Club Champs)* Harcourt Park
25	Grand Memorial Ohariu Pony Club
28	CSW Road Relays Trentham
AUGUST	
1	NZ Cross Country Champs Christchurch
1	Club Run/Walk Waiora Hub
8	Club Run/Walk Waiora Hub
15	Moonshine Relays* Trentham Memorial Park
15	Mukamuka Munter Remutaka Forest
22	Wellington 5km Road Championships* Wainuiomata
29	Club Run/Walk Waiora Hub
29	NZ 10KM Road Champs New Plymouth
SEPTEMBER	
5	Philp Shield Waiora Hub
12	Wellington 10km Road Champs* Wainuiomata

All ages, all abilities, all motivations... *Join us!*

12	New Zealand Mile Champs  Dunedin
12	Wainuiomata Hill Run Wainuiomata
19	Club Run/Walk  Waiora Hub
20	Hutt Marathon Events (incl Wellington Half Marathon Champs)  Petone
26	Perston Baton Relay  Karori Park

OCTOBER




3	New Zealand Road Relay Champs  Manawatu
10	Club Run/Walk  Waiora Hub
17	Club Prizegiving  Waiora Hub
18	Crater Rim Ultra Christchurch
18	Wairarapa Half Marathon Masterton
24	Club Run/Walk  Waiora Hub

NOVEMBER

1	New Zealand 100km Champs  Christchurch
7	New Zealand 50km Champs  Rotorua
7	Remutaka Rail Trail Run and Walk Remutaka
8	Kapiti Half Marathon Waikanae
14	Queenstown Marathon Queenstown
17	Club AGM  Waiora Hub

21	WAI2K Trail Race Upper Hutt
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KEY

	Olympic Harriers Club Event
	Inter-club, Wellington Centre Champs
*	Counts towards Winter Series points
	National Champs

CLUB COACHING

Adults, College & Intermediate-age
Tuesdays 6.30-7.30pm (DST); 6-7pm (winter)
- Alex Moore Park
Form drills and interval training
Chris – Chris.speakman@me.com

Primary, Intermediate, College-age
Tuesdays 4.15-5pm; Thursdays 4.15-5pm
Nairnville Park, Khandallah
John & Craig –
coaching@olympicharriers.org.nz

Core Classes
Thursdays 7.30-8.30pm – Waiora Hub
Mark – holistic.fitness@icloud.com

SUBSCRIPTIONS

Membership	Type	Fee
Active Member 6 Years & Under	Annual	\$28
Active Member 7 to 14 Years	Annual	\$88
Competitive Member 15 to 19 Years	Annual	\$132
Quarterly Member 15 to 19 Years	Q1 & Q2 Q3 & Q4	\$74 \$64
Competitive Member 20 to 22 Years	Annual	\$154
Competitive Member 23 Years & Over	Annual	\$194
Winter Season Member 20 Years & Over	1 April – 30 Sept	\$169
Social Member 15 Years & Over	Annual	\$82
Student	Annual	\$136
Competitive Walker	Annual	\$136

Financial year 1 April 2026 – 31 March 2027

Competitive: participate in club, inter-club,
centre champs & national champs
Social: participate in club events only

FAMILY DISCOUNT

(for families living at the same address)

3 members	20%
4 or more members	25%

Discount applied at time of registration.

AGE GRADE QUALIFICATION

Age as at 31 December 2026 for all grades
except Masters (men / women aged 35+).
Masters grades are based on your age on
the day of the event.

Subs are due 1 May 2026. Register at
olympicharriers.nz/membership

CLUB CONTACTS

President Bruce Atmore
president@olympicharriers.org.nz

Secretary Tracy Berghan
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Treasurer Chris Sutherland
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Club Captain Rob McCrudden
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Communications Deborah Lynch
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Uniforms Emma Doherty
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Junior Coaching Emma Doherty
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General Enquiries
www.olympicharriers.nz/contact

USEFUL LINKS

Athletics Wellington
athleticswellington.org.nz

Athletics New Zealand
athletics.org.nz

College Sport Wellington
www.collegesport.org.nz

Primary Sport Wellington
www.primarysportwellington.org.nz

